



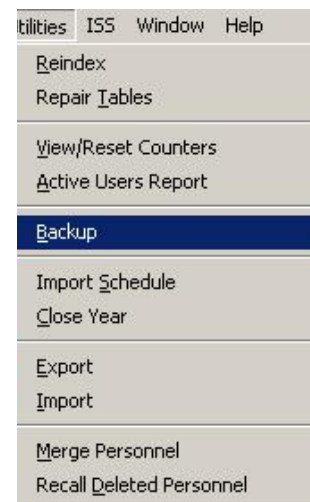
Simtrak™ Mobility

A decade-long background in professional and amateur sport medical data collection, analysis, and reporting.

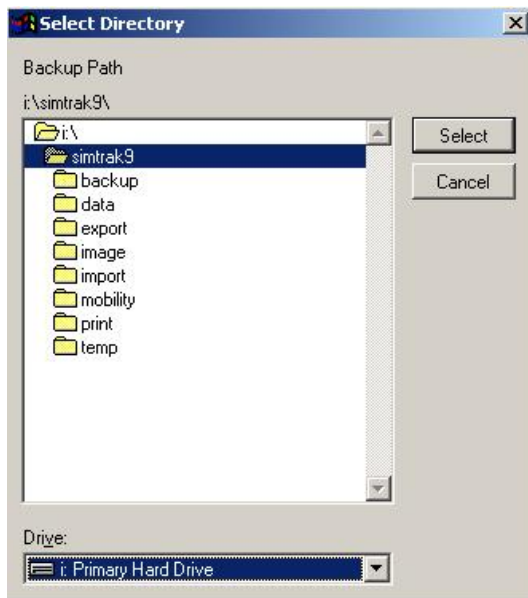
BACKUP the Simtrak™ Help Guide series

By now, you are very familiar with the Main Menu. The Backup utility is located under the Utilities tab on the Main Menu.

When you click on Utilities, you will see a drop-down menu as shown at the right. Select Backup. You will then be directed to a Backup System and Data note. Read the note, and ensure you are the only user logged into the software. Click the Browse button at the bottom of the screen in order to find the location where you want to place the backup files. The Select Directory screen will display, shown below at the bottom left of this page. Find the drive on your computer or on your network where you want to place the backup, by looking in the Drive field at the bottom of the window (below). When you have your drive chosen, then choose the folder on that drive from those displayed at the top of the below Select Directory screen. This will then be your



backup path, as shown in the small letters under the words Backup Path (top of screen).



Click on the Select button. Then click on the Proceed button in the Backup screen that immediately shows itself. Then click OK when asked. A black screen will appear showing the backup files as they are being processed. After about a minute, the backup will be complete and you will be returned to the main Simtrak™ Mobility screen automatically for continued use of the software system.

Periodically, you will see a backup reminder message when you log in to the software. You can set this message to display every 5, 10, 15, 20, 25, or 30 days.

Plan carefully where you want your backups to reside, and make sure you do them regularly.